

# #TakeAnHour TO INVEST IN YOUR FUTURE

Given one extra hour to dedicate to their finances, women are more likely to:



**START HERE TO FIND OUT**

**NO** Are you spending less than you're making? **YES**

Are you unable to save due to short-term debt (i.e., credit card, student loan)?

**YES**

Are you contributing to a retirement plan (employer-sponsored or IRA)?

**NO**

What is your top savings goal?

building my wealth

retirement

When it comes to finances, I...

do it myself

could use the help of a professional

haven't started yet

Have you started building out your investment portfolio?

**YES**



## MAKEOVER YOUR BUDGET

**Add up your monthly spending.** How much do you spend on housing, transportation, food, family care, utilities, entertainment? How much do you owe in short-term debt (credit card, student loans, etc.)? Use a [budget snapshot tool](#) to map out your expenses.

**Establish your savings priorities.** Do you have a "rainy day fund" in case of an emergency? Are you building up your retirement savings?

**Make adjustments.** If you have short-term debt, make a plan to pay that down first. If you are spending more than you are making, look for areas you can make adjustments. Can you spend less on dining out or entertainment? Think about how much you need to set aside to help fuel your goals.

**Record your budget.** There are many free online budgeting tools to help you get started and stay on track.



## EVALUATE YOUR RETIREMENT PLAN

**Set your goals.** Use a [retirement calculator](#) to predict how much income you'll need to save each month to help meet your retirement goals.

**Get on track.** Enroll in your employer sponsored retirement savings plan. The earlier you start, the more time there is for your money to grow. Don't forget to take advantage of your employer match – it's "free" money. Check to see if you qualify for a Roth IRA to grow your earnings tax-free\*. If you don't qualify, consider opening a Traditional IRA.

**Help the future you.** If available, take advantage of your plan's auto-escalation feature, so each year you can save a higher percentage of your salary to help build your nest egg. Even a 1% increase can add up over time.

**Evaluate your investment selections.** Most retirement plan providers offer guidance at no charge when you call a representative.



## PREP TO MEET WITH A FINANCIAL PROFESSIONAL

**Make an appointment with an financial professional.** [Contact a financial professional](#) near you who will best meet your needs. Look for a clear communicator and good listener with a strong track record. Consider asking friends you trust if they have someone they would recommend.

**Do some soul searching.** Make a list of your financial goals and when you'd like to reach them.

**Get on the same page.** Make sure you and your partner are working together on your financial decisions. Use a [financial conversation checklist](#) to start the dialogue. Don't forget to loop in parents and children for these important discussions.

**Get organized.** Collect and review key documents and develop a list of questions for your financial professional.



## REBALANCE YOUR PORTFOLIO

**Adjust your investment strategy.** [Revisit your overall investment mix](#) twice a year and/or in light of any changes in your situation. Make adjustments to suit your individual situation and goals—there's no "one size fits all" formula.

**Rebalance your investment mix.** As some of your asset classes may have performed better than others, your equities holdings, for example, may make up a bigger percentage of your portfolio than you initially laid out in your strategy. You can reallocate funds as necessary to make sure your portfolio matches your investment strategy.

**Review your concentration.** You may want to review your holdings if any individual stock or bond position exceeds 5% of your overall portfolio.

**Set a date for your next portfolio review.** A regularly scheduled checkup can keep your finances on track as you work toward your goals.

Tell us how you'll spend your hour with **#TakeAnHour**



About the Survey: Results of this survey are based on an online omnibus conducted among a demographically representative U.S. sample of 1,003 adults comprising 503 men and 500 women 18 years of age and older. The survey was completed during the period October 20-22, 2014 by Infogroup/ORC not affiliated with Fidelity Investments. The results of this survey may not be representative of all adults meeting the same criteria as those surveyed for this study.

\*A distribution from a Roth IRA is tax free and penalty free, provided the five-year aging requirement has been satisfied and one of the following conditions is met: age 59½, disability, qualified first-time home purchase, or death.

Investing involves risk including the risk of loss.

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